

WORKOUT SCHEDULE 10/19 THROUGH 11/20

New addition to the upcoming schedule – If you have a scheduled private lesson you may miss practice to attend. Prior notification (at least one day) is necessary.

Monday 10/19	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Tuesday 10/20	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Wednesday 10/21	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Thursday 10/22	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Friday 10/23	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Monday 10/26	JV3 Practice during class JV2 Practice during class – MATCH BOWIE AT MARTIN JV1 – Weight room/Track during class – PRIVATE LESSONS Varsity – Weight room/Track during class – PRIVATE LESSONS
Tuesday 10/27	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Wednesday 10/28	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Thursday 10/29	No Practice – All Coaches will be traveling to the Regional Tournament

Friday 10/30	No Practice – All Coaches will be traveling to the Regional Tournament
Monday 11/2	JV3 Practice during class JV2 Practice during class – MATCH AT SEGUIN JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – PRIVATE LESSONS
Tuesday 11/3	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Wednesday 11/4	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Thursday 11/5	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Friday 11/6	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Monday 11/9	JV3 Practice during class JV2 Practice during class – MATCH AT LAMAR JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – PRIVATE LESSONS
Tuesday 11/10	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Wednesday 11/11	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00
Thursday 11/12	JV3 Practice during class JV2 Practice during class JV1 – Weight room/Track during class – practice after school until 5:00 Varsity – Weight room/Track during class – practice after school until 5:00

Friday 11/13
JV3 Practice during class
JV2 Practice during class
JV1 – Weight room/Track during class – practice after school until 5:00
Varsity – Weight room/Track during class – practice after school until 5:00

Monday 11/16
JV3 Practice during class
JV2 Practice during class
JV1 – LITTLE GOBBLER
Varsity – Weight room/Track during class- PRIVATE LESSONS

Tuesday 11/17
JV3 Practice during class
JV2 Practice during class
JV1 – Weight room/Track during class – Privates after school
Varsity – Weight room/Track during class – practice after school until 5:00

Wednesday 11/18
JV3 Practice during class
JV2 Practice during class
JV1 – Weight room/Track during class – practice after school until 5:00
Varsity – Weight room/Track during class – practice after school until 5:00

Thursday 11/19
JV3 Practice during class
JV2 Practice during class
JV1 – Weight room/Track during class – PRIVATE LESSONS
Varsity – TOURNAMENT BIG GOBBLER

Friday 11/20
JV3 Practice during class
JV2 Practice during class
JV1 – CROSSTRaining DURING CLASS
Varsity – CROSSTRaining DUING CLASS